



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: Taking Care of You, The Caregiver

Julie Turcotte, from OPH



Tuesday, January 15th 2019
11am—12pm
The Good Companions

Join us for this very informative session. Registered nurse Julie Turcotte will talk about the unique needs of caregivers of persons living with mental illness and/or facing mental health challenges. She will also provide help you finding online resources. **This is a free seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.

Space is limited. Call 613-236-0428 or stop by our Front Reception to register.

Parking available (\$2.50/day)

OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.